

BRUNCH

FRUITS & GRAINS & CEREALS

BLUEBERRY SMOOTHIE BOWL / *puffed rice, flax, empress honey, watermelon popsicle* 12

COCONUT CHIA PUDDING / *seasonal fruits, toasted coconut* 10

GOOD LIFE COLD PRESSED ORGANIC JUICE BLENDS / *seasonally inspired* 10

CLASSICS

CLASSIC EGGS BENEDICT* / *soft-poached, hollandaise* 20

AVOCADO TOAST* / *soft-poached eggs, heirloom tomato salad* 21

PACIFIC HAND-PEELED SHRIMP OMELETTE / *lemon ricotta, watercress, crispy potatoes, toast* 22

EGG WHITE FLAN / *sweet potato, arugula, kale, almonds* 18

FAVOURITES

BANANA BREAD FRENCH TOAST / *whipped mascarpone, caramel* 20

DUCK CONFIT BENEDICT* / *soft-poached, honey thyme waffle, blood orange hollandaise* 24

HEN & HOG* / *soft-poached, cheddar cheese biscuit, pork belly, kale pesto* 22

EGG SHAKSHOUKA* / *cowichan eggs, sprouted chickpeas, wilted spinach, harissa tomato ragu, goat cheese* 22

LAMB BURGER / *red onion jam, butter lettuce, brioche bun, fresh cut fries* 26

HAIDA GWAI HALIBUT & CHIPS / *black garlic remoulade, dinosaur kale & sunflower seed slaw, lemon* 32

PAN SEARED TEMPEH BOWL / *gochujang cauliflower, braised kale, tomato, red fife berries* 22

Q CHIRASHI BOWL / *local sushi rice, tuna poke, sesame grilled octopus, avocado, edamame* 32

BREWED

DRIP COFFEE 6

CAPPUCCINO 7

LATTE 7

MACCHIATO 7

ESPRESSO 6

HOMEMADE HOT CHOCOLATE / *58% dark chocolate, vanilla chantilly* 8

LOT 35 TEA 6

1907 orange pekoe, imperial breakfast, cream earl grey, organic oregon mint

organic egyptian camomile, organic bella coola punch, kyushu japan sencha

**Consuming raw or undercooked meats, poultry, seafood, shellfish,
or eggs may increase your risk of food borne illness*